

## News Briefs

### Wing announces O-6, O-5, and O-4 medical corps selectees

The following individuals were selected for promotion to colonel:

♦ **Michael Signorelli**, 52nd Dental Squadron and **Julie Collins**, 52nd DS

The following individuals were selected for promotion to lieutenant colonel:

♦ **Susan Swayne**, 52nd Medical Operations Squadron and **Martin Hamilton**, 52nd DS

The following individuals were selected for promotion to major:

♦ **Clayton Hicks**, **Patrick Lovegrove**, inbound, 81st Fighter Squadron; **Jacqueline Percy**, 52nd MDOS; and **Hans Otto**, 52nd MDOS

### Revised shuttle schedule available soon

The Spangdahlem AB and Bitburg Annex Mass Transit Shuttle will begin a revised schedule Jan. 17. The new schedule will incorporate an additional loop through the Spangdahlem housing area at the start of the route. The change will allow newcomers residing at the newly renovated temporary living facility and other housing residents the opportunity to commute to work and other appointments on Spangdahlem without having to travel to Bitburg first. The new schedule is located on the Intranet and is posted on all bus shelters as well as the shuttle bus itself.

### Quarterly awards luncheon

The 52nd Fighter Wing Quarterly Awards luncheon takes place Jan. 26 at 11:30 a.m. in the Club Eifel ballroom. Tickets are available for purchase from unit first sergeants through Thursday. For more information, call Tech. Sgt. Dave Walpole at 452-6378.

### Stamp cost update

The cost of a standard stamp has increased from \$.37 to \$.39. Increased prices applied to all USPS services worldwide as of Sunday. Call 452-6038 or visit Spangdahlem AB or Bitburg Annex Post Offices for more information.

### EQUAL listing available

The May through July Enlisted Quarterly Assignment Listing for Airmen returning from overseas and the continental United States mandatory movers is now available. Airmen need to work through their military personnel flights or commander's support staff to update their preferences. Airmen must update assignment preferences by Jan. 26. If selected, they will receive notification no later than Feb. 15. To view the lists, Airmen can go online to [www.afpc.randolph.af.mil](http://www.afpc.randolph.af.mil) and then log into the Assignment Management System, or visit their local MPF.

### You say potato ...

'Tis the season for crazy costumes, practical jokes. *Learn more about Germany's annual "Fasching" season on Page 7.*



# Eifel Times

Vol. 40, Issue 2

Spangdahlem Air Base, Germany

[www.spangdahlem.af.mil](http://www.spangdahlem.af.mil)

Jan. 13, 2006



**The Spangdahlem Gospel Ambassadors perform a musical presentation at the Rev. Dr. Martin Luther King Jr. Commemoration Service at the chapel here Tuesday. Dozens of Sabers attended to celebrate diversity in the Air Force and around the world.**

Senior Airman Amaani Lyle

## Listen, learn and lead: COMUSAFE takes the reins

By Master Sgt. Chuck Roberts  
USAFE Public Affairs

**RAMSTEIN AIR BASE, Germany (USAFENS)** -- He is here to lead U.S. Air Forces in Europe, but brings a leadership style keen on listening and learning from Airmen in his command. And after a month on the job, Gen. Tom Hobbins likes what he hears and is confident the command is heading in the right direction.

"When you look at the accomplishments of what our folks are doing, to include those people who are in Iraq and those people who are in Afghanistan, I think you'll find that everybody is very excited because they get up in the morning, they look themselves in the mirror and they say, 'You know, we're making a difference -- we really are helping people,'" said General Hobbins. "We are fighting this war on terrorism with extreme dedication, and I see everyone interested in staying and continuing the kind of work they are doing."

The general can base that assumption from the hundreds of USAFE Airmen he's encountered since assuming command. Although General Hobbins is no stranger to USAFE after serving as its director of operations during the air war over Kosovo, the general makes it a high priority not just to meet as many people as possible, but to learn from each encounter.

"I am very proud to be the 34th USAFE commander and am very proud to serve with (our fellow USAFE Airmen) -- it's an honor," the general said. "I'm really here to listen at first

and try to understand what it is that people are doing and what it is they would see us do to make the team better. So I'm around and about asking those questions -- are there methods and procedures you feel could be changed to allow us to become more efficient?"

"I hope people will understand that I care about them and want to hear from them what I need to change -- I value what they tell me," General Hobbins said.

Such encounters also provide personal satisfaction, as was evident during a recent trip to Iraq that culminated with the general dancing with fellow USAFE Airmen deployed there.

"Every time I walk into a workplace, someone walks up to shake hands," the general said. "They are very dedicated to the job they are doing and they are excited about it -- that gives me energy when I meet people like that ... it gives me strength."

General Hobbins said their can-do attitude also fits well into a new direction for USAFE -- a shift from a fighter aircraft-centric type of mission to more of a balance with the mobility-centric mission. The general pointed to the state-of-the-art air freight terminal at Ramstein and the Airmen who work there. In addition to the general, the Airmen themselves are impressed with technology that allows them to support fellow Airmen and sister services downrange with timely delivery of critical parts and supplies.

See **COMUSAFE**, Page 2

## Bitburg ER renovations completed

By Senior Airman Amaani Lyle  
52nd Fighter Wing Public Affairs Office

As of Jan. 3, the 52nd Medical Group completed renovation on the Bitburg Annex Hospital Emergency Room.

The ER re-opened its doors for business in its original location inside building 61, ending operations at the multi-specialty care clinic (the alternate ER location).

"The project turned out better than expected and we even opened ahead of schedule," said Maj. Donald Woolever,

52nd Medical Operations Squadron emergency services flight commander. "It's like a whole new place."

The Spangdahlem AB clinic building 137 renovations are scheduled to end Tuesday, and patients, visitors and staff will have access to the entire building via the renovated main entrance that day.

"The (52nd MDG) conducted simultaneous renovations with a goal of improving functionality, readiness and improving patient care areas from entrance to exit of our medical facilities," said Capt. Keith Waid, 52nd

Medical Support Squadron medical logistics flight commander.

The renovations at both facilities streamlined patient traffic, staff work flow and patient privacy, while providing a face lift to outdated aesthetics, Captain Waid said.

The emergency room renovation offers a new check-in window, private screening room and centralized ER staff work center.

See **RENOVATIONS**, Page 2

# RESCON Watch

## BRAVO

1-2 DUIs in the Last 30 Days

Days since last DUI: **20**

Rank of last DUI: senior airman  
Squadron of last DUI: 52nd CMS

Large unit with best record: 52nd Communications Squadron, 370 days  
Small units with best record: 52nd Medical Support Squadron, 52nd Dental Squadron and 52nd Contracting Squadron: No DUIs

Data Courtesy of the 52nd SFS

**When going out, have a plan or call Airmen Against Drunk Driving at 06565-61-2233.**



## COMUSAFE

Continued from Page 1

"Airmen really want to be analyzers of information and not just inputters of information, so we're seeing that change and that shift," said the general. That mindset is in lockstep with Air Force initiatives such as Smart Ops 21.

Smart Ops 21 is a business strategy that aims to eliminate waste, save time and money and refocus Air Force resources on its core missions. It is all about increasing efficiency by identifying actions not contributing to core missions and that help eliminate waste.

"The USAFE team is up for that and I know they can come up with great ideas that are going to make us more efficient," said General Hobbins.

The general's optimism is derived in part

from a leadership style that includes thoughtful decision making, but also encourages effort and initiative.

"In a command such as this that is already doing such a tremendous job, any change must be done carefully and in consultation with all involved. Have everybody in the room when making a decision and empower all to present ideas. That's why I think we were so successful in Kosovo," said the general.

However, even the most well conceived plans sometimes fail, but good leaders still stand among their people with equal support and enthusiasm.

"As the level of difficulty of a problem gets higher and higher, you need to rise with it, and you never want to lose confidence in your people if they fail," said General Hobbins. "You want to demonstrate that, 'Hey, we understand that people make mistakes and we want to learn from those mistakes. I do not believe in rule

through fear and don't want my commanders to rule with fear."

Leadership and self-improvement also come from taking initiative and making the most of the opportunities life presents you, said General Hobbins, who keeps a copy of "Lincoln on Leadership" within an arm's reach in his office. As a young officer, he recalled spending time "hanging around the ops counter" on nonflying days just in case a fellow pilot was forced to cancel a mission so he could step in and help out.

The general also experienced similar fortune by accepting an assignment turned down by the previous seven candidates. When General Hobbins, his wife Robbin and their five children arrived at Keflavik Naval Air Station in Iceland, they were faced with only one television station and brutal winds across a treeless land.

"It sounded bad but it turned out to be one of the best assignments," the general said, explain-

ing that their family became even closer since the lack of other entertainment forced them to spend lots of quality time together playing games.

It's probably no coincidence the general and his family were able to cope successfully in Iceland. Taking care of family is high on the general's priority list, and one he promotes for those in his command.

"You have an Air Force family which is an extended family, and you have your own family that you love and spend time with, but frequently we devote too much time to our careers and not enough time with families at home," the general said. "I think it's important to have balance."

"I would like to encourage people to spend a little more time on the weekends dedicated to their families if they can. Your children learn and see what you do, and from that, life becomes successful for them as well."



Airman Stephanie Sawyer

### Willkommen!

Col. Dave Goldfein, 52nd Fighter Wing commander (right) and Capt. Rick Gearhart, 52nd Mission Support Squadron acting commander (left), watch Herr Klaus Rodens, Works Council chairman and Spangdahlem Village mayor (center), cut the ribbon to the Combat Intro Willkommen Center in building 42 Tuesday. The facility is a welcoming center for newcomers designed to teach Sabers about the history of the Eifel, German culture and introduce them to basic German words.

## Tuition assistance now 'virtually' effortless

By Mischelle Trigo  
52nd Mission Support Squadron  
education technician

The Education Services Office has a new procedure for requesting tuition assistance. Active-duty members are now required to log into the Air Force Portal and electronically submit requests for tuition assistance through the Air Force Virtual Education Center (AFVEC) link.

This mandatory procedure makes tuition assistance more accessible for all Air Force members. Deployed servicemembers can now apply for tuition assistance just as easily as those on station.

Customers have found the new online system convenient, making it possible to submit tuition assistance requests from any computer with an Internet connection. Here is how it works:

- Once the AFVEC link has been accessed, students should look for the "self service" tab and update all personal infor-

mation under "my education record," to ensure that the correct mailing address is displayed on their record.

- Make sure the servicing education center is listed as Spangdahlem Air Base, and click on "Apply for TA."

- Follow the screens step for step, and once a student has entered all of their course information, agreed to the terms and conditions and digitally signed the form, the education services office verifies and approves the tuition assistance application.

Students should keep in mind that it is their responsibility to ensure that their college or university receives a copy of the approved tuition assistance form. This information can be accessed through the Air Force Portal under "enrollments" and serves as a voucher through which the college or university may bill the appropriate education services office.

For more information, call the education services office at 452-6063.

## Renovations

Continued from Page 1

"The new check-in window is a big benefit to patients in that it allows more privacy and is part of a more comfortable waiting area," Major Woolever said.

Major Woolever said the Bitburg ER also boasts a new high-tech system to dispense medications on weekends and after-hours.

The building 137 clinic renovation centralized frequently used ancillary functions such as the pharmacy, outpatient records, laboratory and dental clinic entrance, Captain Waide said.

New computer terminals and other enhancements are designed to streamline patient interaction, but Major Woolever said 52nd MDG officials also had their own troops in mind during the renovations.

"For the night shift workers we installed an indoor hospital fitness center," the major said. "With 24-7 operations, we needed to find easier ways for people to be able to exercise on duty."

Patients seeking emergency care at the Bitburg Annex Hospital ER will now report to the "original" ER location of building 61 on the priority road left of the Bitburg main gate.

"Ensuring our patients have the information to arrive at the correct location is paramount now that the renovations are complete," he added.

"Our mission -- to ensure readiness first, enhance performance and deliver quality health care will be enhanced in our improved hospital and clinical areas" said Col. Jay Neubauer, 52nd MDG commander. "These improvements will augment the quality healthcare professionals



Senior Airman Amaani Lyle

Airman 1st Class Jennifer Madison, 52nd Medical Operations Squadron medical technician, uses a new automated medical records system to access patient information. The system is part of major enhancements and renovations to the 52nd Medical Group.

working in the 52nd MDG."

Facility-related questions for either building 61 or 137 can be

directed to facility management at 452-3153 or for 137-specific questions to 452-8106.



Senior Airman Amaani Lyle

Staff Sgt. Christopher Endres, 52nd MDOS medical technician, reads the sign-in sheet at the new patient check-in window at the Bitburg Annex Hospital Emergency Room. The window offers patients additional privacy when checking in. The window is part of overall renovations to various facilities in the 52nd MDG.

Integrity



Service Before Self



Excellence in All We Do





Senior Airman Eydie Sakura

## Top Saber Performer

**Name:** Tech. Sgt. Edith Fields  
**Unit:** 52nd Aerospace Medicine Squadron  
**Duty title:** Health and Wellness Center NCOIC  
**Hometown:** Florence, S.C.  
**Years in service:** 19  
**Nominee's contributions to 52nd FW's mission success:** Sergeant Fields is the NCOIC of a six-member flight that is responsible for the health promotion efforts and programs for Spangdahlem AB's 16,000 active-duty, dependants and civilian employees. Her oversight to the HAWC programs such as nutrition edu-

cation, tobacco cessation and fitness significantly contributed to promoting a fit and ready active duty force as well as promoting healthy lifestyle changes of those who live and work on our base. Sergeant Fields spends much of her time monitoring and tracking active-duty fitness metrics. She provides a weekly fitness status report to the 52nd FW commander and group and squadron commanders. Her program oversight led to a 38-percent fitness improvement this year. She also taught seven tobacco cessation classes with 44 graduates and a six-month cessation rate of 38 percent. This is three percent better than the national average. Sergeant Fields also taught more than 300 middle and high school students about healthy lifestyles. The many kudos expressed by students led to her being asked to be a quarterly guest speaker on health promotion topics. The NCOIC's efforts were the lynchpin for the HAWC's win of the 2004 AFMC Medical Service award for "Best Small Base Health Promotion Program."

**Off-duty volunteerism and professional development pursuits:** I enjoy volunteering at my church, teaching and working with youth. I also teach spinning classes at the fitness center, and am currently pursuing a degree in sports health science.

**What do you do for fun?** I enjoy doing crafts, reading, working out and spending time with my church family.

**What do you like most about being stationed here?** The traveling and shopping is the most fun.

**What's one thing you'd like to see changed or improved at Spangdahlem AB?** I'd like to see a larger fitness center with an indoor running track.

## Wing lauds USAFE-level winners

### Staff reports

The 52nd Fighter Wing recognizes the following individuals for their outstanding achievements in 2005 at U.S. Air Forces in Europe-level.

#### 52nd Mission Support Awards

Outstanding Personnel Manager of the Year Award, Senior level: **Lt. Col. James Costey**, 52nd Mission Support Squadron; PMOYA, **1st Lt. David Leahy**, 52nd MSS; junior level: **Capt. Casey Vile**, 52nd MSS; personnel technician: **Staff Sgt. Felicia Whitlow**, 52nd Medical Support Squadron; Outstanding Military Equal Opportunity Office Award: **52nd Fighter Wing MEO**; Education and Training Manager Award: Senior enlisted ETM, **Master Sgt. Thomas Pollack**, 52nd Maintenance Operations Squadron; Civilian Personnel Awards, Outstanding civilian personnel office: **Joan Siler**, 52nd MSS; Outstanding MSS: **52nd MSS**; Outstanding Family Support Center Awards, Intermediate family support and family readiness individual award: **Tech. Sgt. Ryan Helfenstein**, 52nd MSS; Education and Training Flight Individual Award, Outstanding ET technician and specialist: **Marlies Wallen**, 52nd MSS; Manpower and Organization Flight and Office of the Year Award: **52nd FW Manpower and Organization Flight**; Manpower and Organization CGO of the Year: **1st Lt. Douglas Huttenlocker**, 52nd MSS; Career Assistance Advisor Award: **Senior Master Sgt. Linda Washington**, 52nd MSS

#### USAFE Surgeon General Awards

Outstanding Dental NCO: **Tech. Sgt. Thomas Lloyd Jr.**, 52nd Dental Squadron;

Certified RN Anesthetist: **Maj. Ritchie Grissett**, 52nd Medical Operations Squadron; BG Wells Outstanding Airman: **Airman 1st Class Jennifer Madison**, 52nd MDOS; BG Wells Outstanding SNCO: **Senior Master Sgt. Lovorn Brown**, 52nd MDOS; MG Brannon Nursing Leadership Award: **Lt. Col. Anita Wolfe**, 52nd MDOS; Outstanding Audiologist and Speech Pathologist: **Maj. Laura Butler**, 52nd MDOS; Laboratory NCO: **Tech. Sgt. Margie Quic-anopalacios**, 52nd MDSS; Laboratory Airman: **Staff Sgt. Kristy Crochran**, 52nd MDSS; Fred Coleman Award: **Capt. Robert Shapiro**, 52nd MDSS; FG Occupational Therapist: **Maj. Amie Daryanani**, 52nd MDOS; Physical Medical Apprentice: **Senior Airman Sharon Munster**, 52nd MDOS; Col. Parker SNCO Award: **Master Sgt. Terry Davis**, 52nd Aerospace Medicine Squadron; Outstanding CGO Social Worker: **Capt. John Bowers**, 52nd MDOS; Outstanding Medical Logistics CGO: **Capt. Keith Waid**, 52nd MDSS; SG Medical IS SNCO: **Master Sgt. Harry Armstrong**, 52nd MDSS; Outstanding Health Plan Management Officer: **Capt. David Gill**, 52nd MDSS; OHPM NCO: **Staff Sgt. Darrell Brooks**, 52nd MDSS; OHPM civilian: **Ann Otten**, 52nd MDSS; Chief Master Sgt. Zembrod Outstanding Diagnostic Imaging SNCO: **Master Sgt. Sandra Pocius**, 52nd MDSS; Chief Master Sgt. Dunlap Outstanding Airman: **Airman 1st Class Myre Behneke**, 52nd MDOS; Aerospace Medicine Expeditionary Operations NCO: **Staff Sgt. Jason Gonzalez**, 52nd AMDS; AMEO Officer: **Maj. William McAllister**, 52nd AMDS

## Eifel Salutes

### 52nd Mission Support Group

If you see **Staff Sgt. Patrick Saunders** running, he may just be training for the next Berlin Marathon, or getting back in shape after spending 30 days at the White House providing "render safe" capabilities with his explosive ordnance disposal colleagues -- great job! **Master Sgt. Ken Pettibone** did a dynamite job during the Direct Focus Explosive Ordnance Disposal Response Exercise. He coordinated U.S. Air Forces in Europe responses from three bases.

### 52nd Operations Group

**Capt. Jeremiah Reed** kept the holiday spirit going with a Welcome Home dinner for the 23rd Fighter Squadron Fightin' Hawk team after a three-month deployment. **Staff Sgt. Cristea Parrish** strengthened her ARMS by helping to restructure the entire 23rd Figher Squadron Aviation Resource Management System database. Her diligent efforts ensured database accuracy and allowed pilot training cycle requirements to absorb deployment commitments with no impact on pilot proficiency.

### 52nd Maintenance Group

Quoth the Craven: "Zero defects..." **Airman 1st Class Ronald Craven** completed the complicated task of flawlessly installing a vane case on an F-16 engine. He was also able to repair a fuel manifold without disassembly of the engine, saving more than five days of additional work. A riveting salute goes to **Senior Airman Christopher Brown**, who expertly manages special tools and bench stock worth nearly \$4 million. He also revamped a local tool program, increasing tool availability and tracking.

### 38th Munitions Maintenance Group

A crisp salute to **Staff Sgt. Cameron Sogge**

for his energetic efforts scheduling maintenance, running emergency checklists, and many other tasks in the 701st MUNSS maintenance flight.

### 52nd Medical Group

Ever a wingman was **Airman 1st Class Leigha Johnson**, who spent countless hours at a coworker's side during her stay at a hospital in Trier. She also helped maintain the logistics warehouse with 50-percent manning. **Tricia Vadney**, **Tina Betzen** and **Tech. Sgt. Herbert Tucker** led a distinguished visitor down the right path with their power point base plans and maps that were put together on a moment's notice.

### CDC stars

The following Sabers earned scores of 90 percent or above on their career development course examinations. 52nd Aircraft Maintenance Squadron: **Staff Sgt. John Dickson**, 94; **Airman 1st Class Matthew Neeves**, 90; 52nd Civil Engineer Squadron: **Airman 1st Class Dale Driggs**, 97.

### AADD accolades

Col. Dave Goldfein, 52nd FW commander, coined **Staff Sgts. Jennifer Ivey**, 52nd Component Maintenance Squadron and **Matthew McDonnell**, 52nd CES, for their dedicated support to the Airmen Against Drunk Driving program over the past year. **Tech. Sgt. Patrick Carmichael**, 52nd CMS, and **Airman 1st Class Michael Lamb**, 52 CES, were recognized for being the only two AADD volunteers on duty during New Year's Eve. AADD's most supportive large organization was the **52nd Equipment Maintenance Squadron**, and the **52nd Operations Support Squadron** was designated as AADD's most supportive small organization.

*Kudos to all; Team Eifel salutes you!*

(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Master Sgt. Lisa Mannon

## Top Saber Team

**Unit name:** 52nd Medical Support Squadron Commander's Support Staff

**A brief description of unit responsibilities:** The CSS supports the group commander as well as four separate squadrons within the medical group on all personnel actions, in and out processing, sponsorship, awards and decorations, enlisted and officer performance reports and other documents for a group of approximately 425.

**Number of members:** Six: From left to right, Staff Sgt. David Butler, 1st Lt. Mark Wimley, Staff Sgt. Jesus Cantu, Master Sgt. Lisa Mannon, Airman 1st Class Mark Treat and Staff Sgt. Barbara Kidd

**How does the team fit into the 52nd FW's mission?** The medical group CSS's most notable accomplishment are the awards, decorations and EPR and OPR programs. After implementing an aggressive squadron-by-squadron tracking system, setting internal suspense dates and developing executive committee slides that are shown weekly, the group's statistics improved by 53 percent. We are currently rated number one in the wing for timely submissions of all EPR/OPRs and consistently award 85 percent of all decorations prior to members leaving the base.

**Team's other contributions through the year?** Another notable accomplishment this year has been the overall management of the group's sponsorship program. All assignment RIPS are distributed to the squadron commanders and superintendents within one day of receipt and tracked for identification of sponsors and projected position numbers. Each squadron adopted a tracking mechanism with information such as report date, sponsor's name, welcome letter and commander e-mail sent, arrival basket provided, and a meeting with a commander to aid in a smooth transition for all newcomers.



# EUCOM, components prepare to prevent avian flu

By Maj. Pamela A.Q. Cook

Headquarters, United States European Command

**STUTTGART, Germany** -- Officials are meeting in Stuttgart this week to plan for how best to deal with a potential outbreak of avian influenza that could mutate into a pandemic flu.

Conference attendees, including subject matter experts from throughout the region, are creating a comprehensive plan in coordination with U.S. European Command, host nations, the Department of Defense and other governmental agencies to deal with a possible pandemic caused by the mutation of the H5N1 influenza virus, more commonly known as “bird flu,” that is currently circulating through domestic and wild bird flocks around the world.

“Due to the serious consequences presented by a potential pandemic, and in support of U.S. government worldwide efforts, EUCOM is coordinating with appropriate organizations and governments to ensure that people are protected and informed,” said Air Force Lt. Col. Ron Sanders, the lead project officer for EUCOM’s pandemic influenza response team.

The DOD, Department of State, Health and Human Services, World Health Organization, and other governments and agencies are preparing for a possible pandemic – a global outbreak of disease – of avian influenza. These organizations are building on the knowledge and experience from other recent public health crises, including SARS and the 2001 anthrax attacks, to meet the threat of a pandemic outbreak. EUCOM and its component commands are continuing the planning process to protect their service members, family members and employees while maintaining operational readiness.

The presence of even a limited number of human cases of avian influenza has raised concerns that the current situation could become a pandemic if the virus develops the ability to spread from human to human. If such a situation should occur in Europe, the EUCOM plan suggests individuals should be prepared to increase good personal hygiene practices such as hand washing, cough and sneeze etiquette, and care in food preparation. In the event of an epidemic avian influenza outbreak, social distancing, isolation and quarantine procedures may have to be implemented. Social distancing includes limiting social gatherings and interactions such as attending school, churches, civic clubs and groups, and work activities. Local commanders and health officials will notify personnel of specific procedures on their installations.

Some existing antiviral treatments are available to possibly mitigate a pandemic influenza virus. There is currently no vaccination available to counter the virus in its existing form. Once the bird flu virus has mutated to where it can be passed from human to human, experts estimate that it will take at least six to nine months to develop an effective vaccine. However, the mitigating antiviral medications have proven somewhat successful at blocking the replication of the virus if treatment begins within 24 to 48 hours.

While it is unusual for people to get influenza infections directly from animals, sporadic human infections and outbreaks caused by certain avian influenza viruses are cause for concern. These sporadic human infections, however, rarely result in sustained transmission among humans. Avian flu currently does not have the ability to be transmitted through human to human contact.

In order for the bird flu virus, or any virus for that matter, to cause a pandemic, several factors must be present. According to a town hall meeting on the subject hosted by the American Consulate General in Frankfurt, Germany, the most notable factors include the ability for the virus to replicate itself in humans and to be efficiently able to transmit from human to human. When the human population does not have immunity against such a virus, a pandemic is possible.

Even though the bird flu and human flu viruses are different, they are spread in the same way, and experts are unsure whether the current strains of avian influenza will evolve into a pandemic strain. However, it has shown the ability to mutate, so it is a concern. While there have been changes in the virus over time, there is currently no indication that the virus has changed to a form that could result in a pandemic. This possibility is being closely monitored by numerous health organizations around the world.

In that vein, the National Institute of Allergy and Infectious Diseases, part of the National Institutes of Health, awarded two contracts to support the production and clinical testing of an investigational vaccine based on the H5N1 strain of avian influenza. Before a pandemic strikes, there is no way to tell what the particular strain of virus will be. Research studies to test a vaccine to protect humans against this strain began in 2005.

Conference attendees stress that it is extremely important that people remain calm about the potential for a pandemic.

While no vaccination for this strain of flu currently exists, individuals can take precautions as simple as getting a regular flu shot, maintaining good health practices such as eating balanced diets and exercising, and cough and sneeze etiquette.

Travelers to areas with identified outbreaks of avian flu are encouraged to take necessary precautions to prevent the contraction and spread of this disease. It is believed that most cases of bird flu infection in humans have resulted from contact with infected poultry or contaminated surfaces. Most of the proven cases have occurred following close contact with infected birds or a massive ingestion of undercooked infected chicken meat or chicken blood. International travelers should visit the State Department’s travel Web site at [www.travel.state.gov](http://www.travel.state.gov) to determine the travel restrictions in their destination country.

## Useful Links

For the most up-to-date information on avian influenza and pandemic flu, check out the following links:

- ♦ Official U.S. government site for avian influenza and pandemic flu: <http://www.pandemicflu.gov>
- ♦ Centers for Disease Control and Prevention: <http://www.cdc.gov/flu/pandemic> and <http://www.cdc.gov/flu/avian/index.htm>
- ♦ World Health Organization: [http://www.who.int/csr/disease/avian\\_influenza/en](http://www.who.int/csr/disease/avian_influenza/en)
- ♦ Department of State: <http://www.state.gov/g/oes/avianflu>
- ♦ Department of State Travel Registration: <http://www.travel.state.gov>
- ♦ European Centre for Disease Prevention and Control: <http://www.ecdc.eu.int>
- ♦ U.S. Consulate in Frankfurt, Germany: [http://frankfurt.usconsulate.gov/frankfurt/avian\\_flu.html](http://frankfurt.usconsulate.gov/frankfurt/avian_flu.html)

## Wing safety shares tire tread tips *Roll into winter weather with caution*

By Tech. Sgt. Theresa Lex

52nd Fighter Wing Safety Office

In addition to maintaining proper tire pressure, here are tips for making sure vehicles are ready for upcoming winter weather.

- ♦ **Install four snow tires** -- To help maintain control and stability of vehicles in slippery conditions, snow tires must be installed in sets of four.
  - ♦ **Watch tread** -- As a tire wears, snow traction is reduced. Tires that are worn close to the tread-wear indicators have reduced traction and should not be used on snow-covered roads or in severe snow conditions.
  - ♦ **No mixing** -- Avoid mixing tires with different tread patterns, internal construction and size. This degrades the stability of the vehicle.
- The following are some differences between all-season and weather tires.
- Winter tires** have treads specifically designed to improve snow and ice traction.
- ♦ Wider and frequently “zigzagged” grooves enhance winter traction by providing more efficient drainage of water and snow.
  - ♦ Unlike older snow tires, smaller shoulder grooves increase snow and ice traction without sacrificing handling on dry roads or on the highway.
  - ♦ Special lug and groove shapes allow more snow to be packed into the tread and expelled as the tire rotates for better deep snow traction.

- ♦ Sophisticated, high-density sipe designs (sipes are the little slits in the tread surface) help cut through water and slush so the tread compound can make better contact with snow and ice.
  - ♦ Rounder casing designs add traction by cutting into the snow’s surface.
- All-season tires** do not include these features and still deliver the wear and high temperature traction that is required for driving during other times of the year.
- ♦ Shoulder blocks and groove designs are a “compromise” that must meet cornering, wear and all-season traction requirements.
  - ♦ Less aggressive tread designs deliver more highway ride comfort, but tend to pack and not expel snow as effectively as winter tires.
  - ♦ Less siping is used.
  - ♦ Flatter tread designs enhance dry traction but do not cut into snow effectively.

To help in selecting a winter tire that improves the margin of safety, the Rubber Manufacturers Association designates winter tires that meet the new severe snow standard with a symbol.

Any tire is a compromise because no one tire can be the fastest on the track, most controllable in the snow and longest wearing. The ultra high performance tire that grips the track with tread temperatures of 200 degrees is useless in winter as its tread compound becomes like hard plastic at temperatures below 32 degrees.

## Minimize Risk of Contracting Avian Influenza

While there is currently no vaccination for the H5N1 virus that causes avian influenza, maintaining good basic hygiene practices remains the best defense. Other health precautions useful to minimize risks of viral infection or of contracting H5N1 include:

- ♦ Remain calm, the virus in its current form is passed by direct contact to humans from infected birds or their droppings
- ♦ Practice basic hygiene practices such as hand washing, cough/sneeze etiquette and avoiding crowded places with poor ventilation
- ♦ Get the seasonal flu shot to help maintain an overall healthy immune system
- ♦ Maintain good health practices such as eating a balanced diet, exercising, avoiding tobacco, getting adequate rest and maintaining adequate indoor ventilation
- ♦ Avoid going to bird parks, poultry markets and farms in countries with H5N1 outbreaks
- ♦ Avoid fresh animal markets and live poultry in countries with H5N1 outbreaks
- ♦ Avoid touching birds and poultry, and particularly their droppings
- ♦ If contact has been made with birds or poultry, wash your hands thoroughly with soap and water
- ♦ If traveling to high-risk countries, clean hands regularly with soap and water or a waterless alcohol-based hand-rub
- ♦ Cook all poultry products thoroughly (160-degrees Fahrenheit), including eggs
- ♦ Practice safe food handling procedures when preparing poultry products, and ensure thorough cooking
- ♦ Buy food from approved sources
- ♦ Phone your health provider if you develop fever, breathing difficulties and cough after returning from a country with avian influenza outbreaks

(Information courtesy Headquarters, United States European Command)



Col. Dave Goldfein.....Commander  
Capt. Thomas Crosson.....Public affairs chief  
Capt. Mike Cumberworth.....PA deputy  
Tech. Sgt. Pamela Anderson.....PANCOIC  
Senior Airman Amaani Lyle.....Staff writer  
Senior Airman Eydie Sakura.....Editor  
Iris Reiff.....Leisure writer

Published by

Verlag & Druck  
Wittich KG, a pri-  
vate firm in no  
way connected  
with the U.S. Air  
Force, under  
exclusive written  
contract with the

52nd Fighter Wing. This commercial  
enterprise newspaper is an authorized  
publication for members of the U.S. mil-  
itary services overseas. Contents of  
the Eifel Times are not necessarily the  
official views of, or endorsed by, the  
U.S. Government, the Department of  
Defense or the Department of the Air  
Force.

The appearance of advertising in  
this publication, including inserts or sup-  
plements, does not constitute endorse-  
ment by the Department of Defense,  
the Department of the Air Force or  
Verlag & Druck Wittich KG of the prod-  
ucts or services advertised.

Everything advertised in this publi-  
cation shall be made available for pur-  
chase, use, or patronage without regard  
to race, color, religion, sex, national ori-  
gin, age, marital status, physical handi-  
cap, political affiliation or any other non-  
merit factor of the purchaser, user or  
patron.

Editorial content is edited, pre-  
pared, and provided by the 52nd  
Fighter Wing Public Affairs Office staff.  
All photographs are U.S. Air Force pho-  
tographs unless otherwise indicated.

#### Accessing Direct Line

The Direct Line program is a  
way to get answers to questions  
you still have after using your  
chain of command.

Direct Lines of general interest  
will be published in the *Eifel  
Times* and may be edited or  
paraphrased for brevity or clarity.  
Submit your Direct Line via:

■ DirectLine@spangdahlem.  
af.mil

■ Mailed to 52nd FW/PA,  
Unit 3680 Box 220, APO AE  
09126

■ To PA in building 23.

■ Concerns may also be sent  
via fax to 452-5254.

Anonymous inputs are  
accepted. To receive a personal  
response you must include your  
name and phone number. Call the  
Eifel Times at 452-5244 for more  
information.



Col. Dave Goldfein

## January Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	258	53	-4
23FS	290	46	+4
81FS	254	20	-1

\*Delta is contract vs. sorties flown to date.

Through Jan. 8

Courtesy of the  
52nd Operations Support Squadron  
Plans and Scheduling Section

# Viewpoint

Jan. 13, 2006

Page 5

## Diversity

# MLK's 'I Have A Dream' celebrates freedom

By Dr. Martin Luther King Jr.

(Editor's note: The following are excerpts of a  
speech delivered on the steps at the Lincoln Mem-  
orial in Washington, D.C. Aug. 28, 1963. Source:  
Martin Luther King, Jr.: *The Peaceful Warrior*;  
Pocket Books, N.Y. 1968)

Five score years ago, a great American, in  
whose symbolic shadow we stand signed the  
Emancipation Proclamation. This momentous  
decree came as a great beacon light of hope to mil-  
lions of Negro slaves who had been seared in the  
flames of withering injustice. It came as a joyous  
daybreak to end the long night of captivity. But one  
hundred years later, we must face the tragic fact that  
the Negro is still not free.

One hundred years later, the life of the Negro is  
still sadly crippled by the manacles of segregation  
and the chains of discrimination. One hundred years  
later, the Negro lives on a lonely island of poverty  
in the midst of a vast  
ocean of material prosperi-  
ty. One hundred years  
later, the Negro is still lan-  
guishing in the corners of  
American society and  
finds himself an exile in  
his own land.

So we have come here  
today to dramatize an  
appalling condition. In a  
sense we have come to our  
nation's capital to cash a  
check. When the architects  
of our republic wrote the  
magnificent words of the  
Constitution and the De-  
claration of Independence,  
they were signing a prom-  
issory note to which every  
American was to fall heir.

This note was a prom-  
ise that all men would be guaranteed the inalienable  
rights of life, liberty, and the pursuit of happiness. It  
is obvious today that America has defaulted on this  
promissory note insofar as her citizens of color are  
concerned. Instead of honoring this sacred obliga-  
tion, America has given the Negro people a bad  
check which has come back marked "insufficient  
funds." But we refuse to believe that the bank of  
justice is bankrupt. We refuse to believe that there  
are insufficient funds in the great vaults of opportu-  
nity of this nation.

So we have come to cash this check -- a check  
that will give us upon demand the riches of freedom  
and the security of justice. We have also come to  
this hallowed spot to remind America of the fierce  
urgency of now. This is no time to engage in the  
luxury of cooling off or to take the tranquilizing  
drug of gradualism. Now is the time to rise from the  
dark and desolate valley of segregation to the sunlit  
path of racial justice. Now is the time to open the  
doors of opportunity to all of God's children. Now  
is the time to lift our nation from the quicksands of  
racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the  
urgency of the moment and to underestimate the  
determination of the Negro. This sweltering summer  
of the Negro's legitimate discontent will not pass  
until there is an invigorating autumn of freedom and  
equality. 1963 is not an end, but a beginning. Those  
who hope that the Negro needed to blow off steam

**We must forever conduct our  
struggle on the high plane of  
dignity and discipline.**

and will now be content will have a rude awakening  
if the nation returns to business as usual. There will  
be neither rest nor tranquility in America until the  
Negro is granted his citizenship rights.

The whirlwinds of revolt will continue to shake  
the foundations of our nation until the bright day of  
justice emerges. But there is something that I must  
say to my people who stand on the warm threshold  
which leads into the palace of justice. In the process  
of gaining our rightful place we must not be guilty  
of wrongful deeds. Let us not seek to satisfy our  
thirst for freedom by drinking from the cup of bit-

terness and  
hatred.

We must for-  
ever conduct our  
struggle on the  
high plane of dig-  
nity and disci-  
pline. We must  
not allow our cre-  
ative protest to  
degenerate into  
physical violence.  
Again and again  
we must rise to  
the majestic  
heights of meet-  
ing physical force  
with soul force.

The marvelous  
new militancy  
which has  
engulfed the

Negro community must not lead us to distrust of all  
white people, for many of our white brothers, as  
evidenced by their presence here today, have come  
to realize that their destiny is tied up with our des-  
tiny and their freedom is inextricably bound to our  
freedom.

We cannot walk alone. And as we walk, we must  
make the pledge that we shall march ahead. We can-  
not turn back. There are those who are asking the  
devotees of civil rights, "When will you be satis-  
fied?" we can never be satisfied as long as our bod-  
ies, heavy with the fatigue of travel, cannot gain  
lodging in the motels of the highways and the hotels  
of the cities. We cannot be satisfied as long as the  
Negro's basic mobility is from a smaller ghetto to a  
larger one. We can never be satisfied as long as a  
Negro in Mississippi cannot vote and a Negro in  
New York believes he has nothing for which to  
vote. No, no, we are not satisfied, and we will not  
be satisfied until justice rolls down like waters and  
righteousness like a mighty stream.

I am not unmindful that some of you have come  
here out of great trials and tribulations. Some of you  
have come fresh from narrow cells. Some of you  
have come from areas where your quest for freedom  
left you battered by the storms of persecution and  
staggered by the winds of police brutality. You have  
been the veterans of creative suffering. Continue to  
work with the faith that unearned suffering is  
redemptive.



Senior Airman Amaani Lyle  
Staff Sgt. Clarence Shuford, 52nd Fighter Wing  
Chapel chaplain's assistant, recites the "I Have a  
Dream" speech at the Rev. Dr. Martin Luther King  
Jr. Commemoration Service here Tuesday.

Go back to Mississippi, go back to Alabama, go  
back to Georgia, go back to Louisiana, go back to  
the slums and ghettos of our northern cities, know-  
ing that somehow this situation can and will be  
changed. Let us not wallow in the valley of despair.  
I say to you today, my friends, that in spite of the  
difficulties and frustrations of the moment, I still  
have a dream. It is a dream deeply rooted in the  
American dream.

I have a dream that one day this nation will rise  
up and live out the true meaning of its creed: "We  
hold these truths to be self-evident: that all men are  
created equal." I have a dream that one day on the  
red hills of Georgia the sons of former slaves and  
the sons of former slaveowners will be able to sit  
down together at a table of brotherhood. I have a  
dream that one day even the state of Mississippi, a  
desert state, sweltering with the heat of injustice and  
oppression, will be transformed into an oasis of  
freedom and justice. I have a dream that my four  
children will one day live in a nation where they  
will not be judged by the color of their skin but by  
the content of their character. I have a dream today.

I have a dream that one day the state of Alabama,  
whose governor's lips are presently dripping with  
the words of interposition and nullification, will be  
transformed into a situation where little black boys  
and black girls will be able to join hands with little  
white boys and white girls and walk together as sis-  
ters and brothers. I have a dream today. I have a  
dream that one day every valley shall be exalted,  
every hill and mountain shall be made low, the  
rough places will be made plain, and the crooked  
places will be made straight, and the glory of the  
Lord shall be revealed, and all flesh shall see it  
together. This is our hope. This is the faith with  
which I return to the South. With this faith we will  
be able to hew out of the mountain of despair a  
stone of hope. With this faith we will be able to  
transform the jangling discords of our nation into a  
beautiful symphony of brotherhood. With this faith  
we will be able to work together, to pray together,  
to struggle together, to go to jail together, to stand up  
for freedom together, knowing that we will be free  
one day.

This will be the day when all of God's children  
will be able to sing with a new meaning, "My coun-  
try, 'tis of thee, sweet land of liberty, of thee I sing.  
Land where my fathers died, land of the pilgrim's  
pride, from every mountainside, let freedom ring."

And if America is to be a great nation, this must  
become true. So let freedom ring from the prodi-  
gious hilltops of New Hampshire. Let freedom ring  
from the mighty mountains of New York. Let free-  
dom ring from the heightening Alleghenies of  
Pennsylvania! Let freedom ring from the snow-  
capped Rockies of Colorado! Let freedom ring from  
the curvaceous peaks of California! But not only  
that; let freedom ring from Stone Mountain of  
Georgia! Let freedom ring from Lookout Mountain  
of Tennessee! Let freedom ring from every hill and  
every molehill of Mississippi. From every moun-  
tain, let freedom ring.

When we let freedom ring, when we let it ring  
from every village and every hamlet, from every  
state and every city, we will be able to speed up that  
day when all of God's children, black men and  
white men, Jews and Gentiles, Protestants and  
Catholics, will be able to join hands and sing in the  
words of the old Negro spiritual, "Free at last! free  
at last! thank God Almighty, we are free at last!"





## Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil).



### Postal hours

Spangdahlem AB and Bitburg Annex post offices are closed today and Monday in honor of Dr. Martin Luther King Jr. Day.

### Commissary hours

The Bitburg Annex Commissary is open 10 a.m. to 7 p.m. Monday; the Spangdahlem AB Commissary is closed.

### Love, romance series

The family support center offers the love and romance series Thursday from noon to 1 p.m. in building 139. January's topic is: Men are from Mars and women are from Venus. This relationship enrichment seminar teaches people the importance of maintaining the intimacy in a marriage before, during and after deployments. For more information or to sign up, call the FSC at 452-9491 pr 452-6422.

### SSEMC Poland trip

The Spangdahlem Spouses and Enlisted Members Club-sponsored express Polish pottery shopping trip takes place March 17-19. Call Kristy Turner at 06561-946227 or e-mail [trips@ssemc.org](mailto:trips@ssemc.org) for more information.

### FCC winter fest

The Family Child Care Winter Fest takes place Jan. 20 from 9:30 a.m. to 1 p.m. in building 1012. Activities include face painting, games and goodie bags.

### American Red Cross

For more information about the following American Red Cross activities, call the local branch office at 452-9440.

- ♦ A first aid and safety course takes place Jan. 21 from 8 a.m. to 5 p.m. Cost is \$25, which is due Jan. 20. The course offers students first aid and CPR instruction for adults, children and infants.

- ♦ Donations of comfort items for deployed troops are accepted Saturday through Jan. 22 at base exchanges and commissaries. Items include, but are not limited to, soaps, hair care products, powders, lotions and moist wipes.

### SMS news

- ♦ Spangdahlem Middle School's community strategic plan meeting takes place Tuesday at 2:45 p.m. Also, a school advisory council meeting takes place at 4 p.m. Parents are encouraged to attend.

- ♦ School officials seek wing members to share information about their occupation with 7th and 8th graders Feb. 3 from 1:15-2:30 p.m. E-mail [sennie.smith@eu.dodea.edu](mailto:sennie.smith@eu.dodea.edu) or call 452-7276 for more information.

- ♦ The SMS Annual Groundhog Job Shadow Program takes place Feb. 2. The day is designed to give students a chance to "shadow" a workplace mentor's day-to-day job, as it provides young people with an up-close look at how skills learned in school are put to use in the workplace. Work centers interested in hosting a student should call Elizabeth Childs at 452-7205 or e-mail her at [elizabeth.childs@eu.dodea.edu](mailto:elizabeth.childs@eu.dodea.edu). The deadline to respond is Wednesday.

### BMS news

- ♦ The Bitburg Middle School Student Council-sponsored clothing drive for Romanian orphanages takes place now through Jan. 27. People can donate clean, used clothing in good condition at the school office. Call Christina Brown at 452-9310 for more information.

- ♦ Volunteer chaperones are needed for an activity night with a dance on Jan. 20. Call 452-9310 for details.

### BHS news

- ♦ A school board meeting takes place Thursday at 5:30 p.m.

- ♦ BHS students seek tutors in all subjects during school hours and after hours. E-mail [fran.laakman@eu.dodea.edu](mailto:fran.laakman@eu.dodea.edu) or call Sharon Krol at 06565-619202 for more information.

### Teens only dance

The Bitburg Annex Teen Center free "Teenz Only" Hip Hop dance night takes place Jan. 21 from 9 p.m. to midnight in building 58. Call Patti Porter at 452-9206 for more information.

### Cake decorating class

Learn how to make a culinary masterpiece with the Arts and Crafts Center's cake decorating class Jan. 25 from 6-9 p.m. The class takes place at Spangdahlem AB, building 189. Call 452-6841 to sign up or for details.

### Heart Link

Heart Link, a USAFE spouse orienta-

tion program, offers spouses with five years or less experience with the military a chance to learn about military benefits, protocol, the Air Force mission and services available to military families. It takes place Jan. 27 from 8:45 a.m. to 2 p.m. in building 130. Lunch is provided along with reimbursable childcare. To sign up, call Tammy Kunz at 452-9491 or e-mail her at [tammy.kunz@spangdahlem.af.mil](mailto:tammy.kunz@spangdahlem.af.mil).

### German class

A 10-week basic German language class takes place each Thursday, starting Feb. 2 from 4-5:30 p.m. in the Spangdahlem AB Library. Call Ute Palk at 452-6203 to register or for details.

### Brick House news

Call Kim McElfresh at 452-7381 for details on the following activities.

- ♦ Tasty Tuesdays take place through January from 6-8 p.m. The event features homemade meals and random tournaments for \$6 per person.

- ♦ SWAT every Wednesday in January at 5 p.m. by teaming up with squadron members and participating in various tournaments. The team with the most accrued points wins the "traveling trophy" and bragging rights.

- ♦ The Brick House is open extended hours Saturday and Sunday for Super Bowl playoff viewing.

- ♦ A Pool Shark tournament takes place Jan. 28 from 11 a.m. to 3 p.m. The winner goes on to play at the RAF Lakenheath tourney.

### Tea for Two

Eifel community women are invited to the Protestant Women of the Chapel's "Tea for Two" Jan. 28 from 10 a.m. to noon at the Spangdahlem AB chapel, building 135. All women are invited and encouraged to bring a friend to share snacks, hear inspiring messages and expand their creativity with journal making. For details, call the chapel at 452-6711.

### Scholarship info

The Defense Commissary Agency and the Fischer House Foundation accept applications now through Feb. 22 for education scholarships for children of military families and retirees. Applications and details are available at [www.militaryscholar.org](http://www.militaryscholar.org).

## Chapel Services

### Spangdahlem AB

#### Catholic Mass

- ♦ Saturday, 5 p.m.

- ♦ Sunday, 8:30 a.m.

- ♦ Sunday, religious education, 9:45 a.m. (Building 139)

- ♦ Monday - Thursday, 11:45 a.m. Protestant

- ♦ Sunday, 10:30 a.m., traditional service

- ♦ Sunday, 1 p.m., Korean service

- ♦ Sunday, 5 p.m., Sunday Night Live service

### Bitburg Annex

#### Catholic Mass

- ♦ Sunday, 11:30 a.m.

- ♦ Monday, 8:30 a.m.

#### Protestant

- ♦ Sunday, 8:15 a.m., liturgical; 9:30 a.m., Contemporary; 1 p.m., Gospel Service

For more information about Jewish, Islamic, Rite of Christian Initiation for Adults or other faith needs, call the chapel at 452-6711/6281.

## What's happening at Club Eifel?



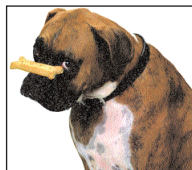
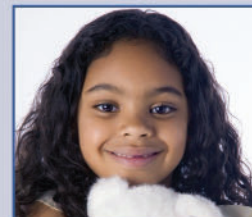
## THURSDAY, JANUARY 19TH FAMILY FUN NIGHT FOR CLUB EIFEL MEMBERS ONLY.

5-8 p.m. The DJ will be playing great tunes for the kids so they can dance and have a ball. We will also have the Kiddie Laser Light Show in the ballroom and of course, a bouncy castle.

Adult buffet: garden green salad, lemon pepper baked chicken, slow roasted beef with gravy, roasted new potatoes, wild rice, vegetable medley, rolls & butter and beverage.

Kid buffet: dinosaur chicken nuggets, zany french fries, batter-up corn dogs, Tom Terrific tater tots, curly cue macaroni & cheese, rootin' tootin' fruity Jell-o, swirled chocolate and vanilla pudding and big bad brownies.

Members only: Adults \$6.95, Children (6-12) \$3.95  
Children 5 and under eat FREE!



## Der Markt

### Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least 10 days before the desired date of publication. Ads can also be e-mailed to [publicity@spangdahlem.af.mil](mailto:publicity@spangdahlem.af.mil) or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



## Movies

The following movie listings are for today through Jan. 19. Times and movies are subject to change. For more information, call 06565-61-9441 or 452-9441. For movie synopses, visit [www.aafes.com/ems/default.asp](http://www.aafes.com/ems/default.asp).

### Spangdahlem Skyline

Today

*Prime (PG-13, 7 p.m.)*

A career driven professional woman from Manhattan is wooed by a young painter, who also happens to be the son of her psychoanalyst.

*Walk the Line (PG-13, 9:30 p.m.)*

A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records in Memphis.

Saturday

*Prime (7 p.m.)*

*Aeon Flux (PG-13, 9:30 p.m.)*

A mysterious assassin works for the Monicans, a group of rebels trying to overthrow the government.

Sunday

*Fighter Pilot: Operation Red Flag (G, 4 p.m.)*

A pilot from the 366th Fighter Wing at Mountain Home Air Force Base goes to the Red Flag exercise at Nellis Air Force Base for the first time.

*Aeon Flux (5 p.m.)*

*Walk the Line (7 p.m.)*

Monday

*The Gospel (PG, 7 p.m.)*

A successful young R&B singer has an unlikely homecoming when his father, the bishop, becomes ill.

Tuesday

*Walk the Line (7 p.m.)*

Closed Wednesday and Thursday

### Bitburg Castle

Today

*The Fog (PG-13, 7 p.m.)*

A quiet seaside town is engulfed by a thick fog precisely one century after a boat mysteriously sank just off the coast.

*Doom (R, 9:30 p.m.)*

Based on the hit computer game about Marines sent to investigate what went wrong on a space station, only to face an evil unlike any other.

Saturday

*Yours, Mine and Ours (PG, 7 p.m.)*

A widowed Coast Guard Admiral and a widowed handbag designer fall in love and marry, much to the dismay of her 10 and his eight children.

*North Country (R, 9:30 p.m.)*

The true story of Lori Jenson, who took a job at a Minnesota iron mine in 1975; she and other female miners endured harassment from male co-workers. Jenson eventually filed suit in 1984 and won a landmark legal decision.

Sunday

*Yours, Mine and Ours (4 p.m.)*

*The Fog (7 p.m.)*

Closed Monday and Tuesday

Wednesday

*Doom (7 p.m.)*

Thursday

*The Fog (7 p.m.)*

Put some wind in your 'sales?'

# Germany's clearance sales kick off Monday in local area

By Iris Reiff

52nd Fighter Wing Public Affairs Office

Germany's Winter Season Sales kick off Monday throughout the country. Although there are always price reductions on merchandise in many stores, the winter sales will offer even lower prices than usual. People may be able to get a good bargain on clothes, shoes and other items. Look for signs that say "Winterschlussverkauf" or winter season sales or price tags that have been crossed out, showing a new and lower price.

Shop owners are trying to clear the shelves and make room for the new 2006 spring and summerware offering shoppers the best opportunities for good bargains.

Stores in the bigger German towns and cities are open from about 9 a.m. to about 8 p.m. Monday through Friday and are usually open from 9 a.m. or 10 a.m. until 6 or 7 p.m. on Saturdays. Beware that sales items are not necessarily subject to German merchandise return policy.

### Shopper's rights

What is there to do when the product is defective?

Whether considering buying new clothes for the summer, a new TV, the latest CD or a new car, shopping can be fun. However, it could turn into a nightmare and become very frustrating when all of a sudden the items break or become defective.

Germany has a whole series of legal regulations to protect customers from faulty merchandise. According to German law, it is the merchant and not

the manufacturer who is responsible for faults and damage to new goods. The customer has an option of doing the following three things:

First, customers can return the defective goods and get their money back in full. The time limit is usually 14 days after the purchase and a receipt must be presented at all times.

Second, customers may keep the defective product and try for a price reduction, an attractive alternative for products with external blemishes such as scratches and dents. Take the item with you, show it to the merchant and present your receipt.

Third, it is possible to exchange the

product for another one, i.e. another copy of the same.

At the present time, Germany's winter sales are in full swing and will continue throughout mid-February. Store owners will try to complete the stocks of winter ware to make room for the new spring merchandise or for the latest high-tech equipment.

Conditions are different when it comes to audio or electrical equipment. Ask the merchant about conditions and warranty rights.

In any case people should be able to make a good bargain at this time of the year, especially when insisting on their customer rights.



Iris Reiff

### Potato heads

People don "pommes frites" costumes during a recent Trier parade. Participate in this year's Bitburg Fasching parade Feb. 26 at 2:11 p.m. Eligible groups include music groups, walkers, dancers or wagons. Groups will receive candy to pass out and/or financial support from the city for their activities. To sign up for the Bitburg parade, call Melanie Lenertz-Alex at 0176-224491 no later than Feb. 5.

## Out and About

For tickets, call the TV-Ticket-Hotline at 0651-7199-996 or visit the Bitburg TV office, located on Hauptstrasse 39a, unless specified otherwise.

- ♦ Listen to Groove, Rock and modern vocal performances at **8 p.m. tonight** in Oberkail. This concert is performed by the Pants-Divine band. Entry is 6 euros. For details on the band, go to [www.pants-divine.de](http://www.pants-divine.de).

- ♦ Listen to jazz music by the Bobo Stenson Trio at the Wittlich Hotel Lindenhof **Jan. 21 at 7:30 p.m.** The event is sponsored by the Wittlich Jazz Club.

- ♦ Visit one of Europe's top tourist spots with Information, Tickets and Travel's Express Trip to London **Jan. 27-28**. The trip includes round-trip transportation, ferry ride across the English Channel and guided city tours. Call ITT at 452-6567 for booking, as seating is limited.

- ♦ Observe a chess tournament **Jan. 27** at the Wittlich Hasenmuehle. The event is sponsored by the Wittlich 1947 chess association.

- ♦ Listen to a concert with the title "Winter Trip" **Feb. 4 at 8 p.m.** at the Wittlich Synagogue, located on Himmerodstrasse. Entertainment is provided by the Wittlich city music circle.

- ♦ The Bernkastel Ball of the Vintners takes place **Saturday at 7:30 p.m.** and features entertainment, a dinner buffet and elite Mosel wines. Among the performers will be the world championship High Energy Break Dancers and a magician. Smart casual clothing is recommended. Entry is 14 euros at the door. The event takes place at the Hotel Moselpark's Moselland hall, located on the Kues Plateau. For details or to reserve a table, e-mail [ulrichspier@yahoo.de](mailto:ulrichspier@yahoo.de).

- ♦ "Retrospectives" is an art exhibition featuring oil paintings **Jan. 13-24** at the Wittlich Kreishaus, or County House. The artist is Manfred Lukas Rentmeister, born 1956 in Hermeskeil.

- ♦ Enjoy an art exhibition featuring water colors, photos and other art, made out of vines **Jan. 15 through March 31** at the Cloister Machern doll, toys and

icons museum. Combine a visit to the Cloister's museum, art exhibition and popular, two-story cafe, bar and restaurant.

- ♦ A special German wedding sales fair takes place at the Cloister **Jan. 22 from noon to 6 p.m.** Cloister Machern is near the town of Zeltingen-Rachtig, located on the Mosel. To get there, drive to Wittlich and continue toward Wengerohr and Bernkastel. Follow signs to Zeltingen and Kloster Machern.

- ♦ Enjoy a singing performance under the motto "Spanish Nights" **Saturday at 8 p.m.** at the Wittlich Synagogue.

- ♦ The "1st Heavy Event" takes place for the young generations **Jan. 20 at 8 p.m.** at the Wittlich Haus der Jugend, or Youth House.

- ♦ Participate in the fourth run in preparation for the 30th Cross Run series of Bernkastel-Wittlich. The event takes place Jan. 21 from 1:30-4 p.m. from the Wittlich-Luexem sports grounds. The event is sponsored by the Wittlich Turnverein sports association.



## Sports Briefs

### Varsity volleyball

Tryouts for the varsity volleyball team take place Sunday and Jan. 22 from noon to 2 p.m. with open play from 2-5 p.m. For more information, call the fitness center at 452-6634.

### Rugby players wanted

The Trier/Spangdahlem Men's and Women's Rugby Club needs motivated people to play rugby. No experience is required as team members will teach the game at training. Training takes place Tuesdays and Thursdays from 8:30-10:30 p.m. in Trier. For details, call Senior Airman Raymond Pantaleo at 01714-158532, e-mail him on the global, or visit the team's Web site at [www.rugby-trier.de](http://www.rugby-trier.de).

### Youth wrestling registration

Registration for youth wrestling takes place now through Jan. 20 at the Spangdahlem AB Youth Center and Bitburg Annex Teen Center. The season begins Jan. 30 and ends April 8. The sport is open to all male and female children ages 5-15. An informational meeting for parents takes place from 5-6 p.m. Jan. 27 at the Bitburg Annex Teen Center. For details, call Randall Greenfield at 452-7545.

### Ski indoors with ITT

Enjoy skiing indoors at the indoor ski resort in Neuss Jan. 21. The resort features a downhill slope 60 meters wide and 300 meters long, a fun park for snowboards and a bobsledding course. The bus leaves Spangdahlem AB at 8:30 a.m. and returns at 8 p.m. For details, call the Information, Tickets and Travel office at 452-6567.

### Tai Chi

Tai Chi classes take place each Monday and Wednesday from noon to 1 p.m. in the Health and Wellness Center, building 131, and each Tuesday and Thursday from 6-7:30 p.m. in the Bitburg Annex gym, building 2013.

### Fitness advisory council meeting

The quarterly Fitness Sports and Advisory Council meeting takes place Jan. 25 at 3 p.m. in the Skelton Memorial Fitness Center conference room. For more information, call Mark Warner at 452-6634.

### February fitness events

- ♦ The American Heart/Valentines 5K fun run/walk takes place Feb. 14 at noon at the Skelton Memorial Fitness Center. The route is along Perimeter Road and there is no time limit. Parents can bring their children and dogs.

- ♦ Burn major calories with three hours of spinning during a Spinathon Feb. 25 at 10 a.m. in the Skelton Memorial Fitness Center. The event features three instructors, but participants do not have to do all three hours. They can also sign up for one or two hours. Call the Skelton Memorial Fitness Center at 452-6334 for to register.

### Powerlifting championship

Weightlifters are invited to participate in the 2006 U.S. Forces Europe Powerlifting Championships Feb. 11 at the Landstuhl Gymnasium in Kaiserslautern. People can enter individually or as part of a team. The registration deadline is Feb. 7 at 9 a.m. For details, call Mark Warner at 452-6634.

### USAFE sports officials needed

USAFE Sports need new and experienced officials who are interested in officiating the USAFE small unit basketball championships March 5-11 at Vogelweh and the basketball championships March 19-25 at Spangdahlem AB. People interested can submit an AF Form 303 to the USAFE Sports office four weeks prior to the event. Game fees, transportation and lodging are provided. For more information, call Mark Warner at 452-6634.

# Intramural basketball

52nd Civil Engineer Squadron  
tops  
52nd Comptroller Squadron  
58-33

Photos by Senior Airman Amaani Lyle



(Top) Players from the 52nd Civil Engineer Squadron (in white) go head to head with the 52nd Comptroller Squadron (in blue) during an intramural basketball face off Wednesday at the Skelton Memorial Fitness Center.



(Left) D.J. Coburn, 52nd CES, shoots a free throw during the game. The 52nd CES beat the 52nd CPTS 58-33.

**Enjoy watching basketball?** Go to the fitness center and watch squadrons jockey for the title of intramural champions! Regular season game times are Monday through Thursday from 5:30-8:30 p.m.

Save the date for these basketball championship-level games:  
West All-Stars vs. East All-Stars basketball game, **Feb. 15** at 7 p.m.  
Over 30 All-Stars vs. Intramural champions, **Feb. 16** at 7 p.m.

## Scoreboard

The following is a list of intramural basketball game scores held at the Skelton Memorial Fitness Center.

<b>Jan. 4</b>			
726 AMS	52	Firedawgs	43
702 MUNNS	38	52 CMS	35
52 MDG	38	52 CPTS	18
52 CES	44	52 OSS	37
<b>Jan. 5</b>			
52 EMS 1	57	52 EMS 2	36
52 OSS	57	Firedawgs	31
726 AMS	39	52 CS	36
52 CMS	58	52 CES	56 (OT)
<b>Jan. 9</b>			
52 EMS 1	42	606 ACS	35
702 MUNNS	38	52 CPTS	29
52 MDG	56	52 EMS 2	28
Firedawgs	46	52 CS	44
<b>Jan. 10</b>			
52 CMS	42	52 OSS	35
52 CES	58	52 CPTS	33
52 EMS	58	726 AMS	47

### How much fat is enough?

Daily grams of fat\*

#### Men

- ♦ Normal weight: 60-90 grams of fat per day
- ♦ Overweight: 40-60 grams of fat per day

#### Women

- ♦ Normal weight: 40-70 grams of fat per day

- ♦ Overweight: 25-40 grams of fat per day

\*These ranges help people stick to a diet that has no more than 20-30 percent of calories from fat

### Track that fat

- ♦ Read labels: If the label does not have calories from fat, multiply the grams of total fat by nine, because there are nine calories in a gram of fat. This gives you your total fat calories.
- ♦ An easy rule of thumb is to most often choose foods that have no more than three grams of fat per 100 calories.

### Fast food

Fast food can mean "fat food." Stay away from french fries, breads, cheese and special sauces. Below are some good choices:

- ♦ Single broiled hamburger with mustard, tomato, lettuce and pickles
- ♦ Salad (avoid eggs, cheese, bacon bits, croutons and too much dressing)
- ♦ Turkey, lean roast beef or ham sandwich (with mustard instead of mayonnaise)

(Information courtesy of the HAWC)

